

NDIS AND SPORT

TOOLKIT



Welcome

So you want to participate in sport?

Participating in sport is a fantastic way to be involved in Social and community participation, improve your Health and wellbeing, build Relationships, and develop Choice and control.

If you have been approved for the National Disability Insurance Scheme funding, this guide is a fantastic way to maximize the inclusion of Sport and Recreation costs in your program.

Why use the document?

This document is just a way to help you think about and work with your support coordinator to get you participating in sport and recreation. The purpose is to prompt thoughts into what needs to be considered when developing your NDIS Plan.

The steps we take are:

1. Where can I play?
2. What do I need?
3. Developing and Achieving Goals
4. Being Prepared.

Our aim is to assist you in being as prepared as possible to participate in sport.

Where can I play?

Many of us want to be physically active but we find barriers which prevent us. Follow the steps below to find a sport that will suit you and provide you with the safe environment.

Step 1: When will you participate?

The first step you need to think about is when will you be able to participate? Many sports are coordinated at specific times throughout the week. You will need to determine what days and times you will be able to participate in your weekly schedule!

Step 2: Where can you participate?

A great way to find sport or activities near you is to contact the ***Inclusion Officer at your local Council***. They will be able to provide a direct contact for local activities.

Another way is to search through the **Access All Abilities (AAA Play)** website. Here you can search for activities in your region. AAA Play is a Victorian Government initiative coordinated by Sport and Recreation Victoria. It works at a community level to develop inclusive sport and recreation opportunities for people of all abilities and now is Victoria wide.

Phone: (03) 9935 8031

Website: <https://aaavic.org.au/>

What do I need?

When developing your plans you need to consider what additional needs you may have to participate in Sport and Recreation. Think about the things you might need, including:

- Equipment
- Transport
- Accessibility and support.

Equipment

The NDIS calls this equipment “assistive equipment for recreation” or “assistive technology”. This is a very important step to ensuring that you can have the assistance you need. What aids and equipment will you need to take part in this sport or recreational activity?

Transport

How will you get to and from your sport or recreational activity?

For example:

- public transport
- family
- carers
- taxis.

Accessibility and support needs

Will you need support while taking part in your sport or recreational activity? Sometimes you may need some additional support to assist you with going to the bathroom, or ensuring that you are able to find your way whilst being involved with an activity.

Develop your goals

Set your goals aligned with the NDIS Funding categories

This is a very important step to ensure that you are able to include sport in your NDIS plan. The sport and recreational activities you've chosen will only be included in your NDIS plan if they are part of your goals and fit into these four NDIS funding categories:

- Social and community participation
- Health and wellbeing
- Relationships
- Choice and control

To determine what your goals could be we suggest thinking about and following the below steps:

- **Challenge:**
 - What challenge do you face? For example: Difficulty in social situations
- **Goal:**
 - What is your desired outcome: For example: Be able to be comfortable in social gatherings
- **Sport and Recreation Activities:**
 - What Sport and Recreation activities will assist you in reaching your goal? For example: Playing basketball in a team environment on a Thursday evening
- **Support Necessary:**
 - What support will you need? For example: Transport to and from the center. Support worker to assist with personal care.

Be Prepared

Putting together your information

The more information you can take to your planning meeting, the better. When preparing to present sport and recreation activities to your plan manager, be sure to take along some of the following things:

- Brochures or flyers from the activities you are wanting to participate in.
- Information on any equipment and/or aids that you may require.
- Receipts or information on transport to and from activities.
- A schedule of the activity duration to show how long you may require a support worker.
- A list of your sport and recreation goals and what activities during the week will help you achieve these.

Being able to represent your plan with the importance of sport and recreation will put you in the best position to receive funding for those activities.

Remember

Ask for help

If you don't feel comfortable speaking up for yourself, take someone to your planning meeting that can support you. Someone who can speak up for you is called an advocate. There are [advocacy organisations](#) that you can contact for help.

What if I'm not happy with my NDIS plan?

If you're not happy with your plan, or a decision that is made, you can [ask to have your plan reviewed](#). You can ask the National Disability Insurance Agency to explain the decisions they make about your plan.

Sport is more than just fun

There is lots of evidence for why sport and recreational activities are good for people with disability. [Read about the benefits of taking part in sport and recreation](#)

Was this guide helpful?

We'd love your feedback on this guide and how you go including sport and recreation in your NDIS plan. [Email us](#)



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